

Vermont Department of Education Linking Health & Learning e-Bulletin

September 2009

News and General Announcements

Letter from Commissioner Vilaseca and Commissioner Davis on H1N1

Please click [here](#) to review an important letter from Education Commissioner Armando Vilaseca and Health Commissioner Wendy Davis that includes guidance for schools in preparation for an anticipated resurgence of the H1N1 virus this fall in schools. For more information contact Jill Remick at (802) 828-3154 or jill.remick@state.vt.us

New Health Education Position Statement

The American Association for Health Education has published a position statement on the importance of comprehensive sexuality education in schools. To access the document click [here](#).

New Physical Education Position Statement

The National Association for Sport and Physical Education (NASPE) has issued a position statement entitled "Appropriate Use of Instructional Technology in Physical Education". To review this resource click [here](#).

Update: Well Exam to Replace Sports Physical

Starting with the 2009-2010 school year, it is now recommended that Vermont students receive a "Well Exam" prior to competing in middle or high school sports. The Well Exam replaces what is commonly known as a "Sports Physical." This change is supported by the Vermont Principals' Association, the Vermont Departments of Health and Education, the Vermont Chapters of the American Academy of Pediatrics and Family Physicians, and the Vermont State School Nurses' Association. For answers to frequently asked questions and a copy of the Well Exam - Sports Participation Clearance Form click [here](#).

Update: School Health Screening

Legislation has changed regarding school health screening under Sec. 31. 16 V.S.A. § 1422. This change is taking place to assure that all school health related screenings are aligned with current research and the best practice recommendations from the American Academy of Pediatrics. The ONLY required, population based, school health screening is for hearing and vision. Click [here](#) to view a chart indicating what grades should be screened. No other population based screenings are required nor recommended in the school setting. NOTE: This document also contains information about body mass index (BMI) screening in schools and why they are not recommended best practice. Questions should be directed to Vermont Department of Health school liaisons. Click [here](#) for a list of liaisons.

Announcing RxOTC Medication Abuse and Prevention Training Kits Now Available from the Northern New England Poison Center

Training kits are now available to educate high school students about the dangers of medication abuse. The high school prevention kit is intended for grades 9-12 and includes brochures, stickers, posters, educational video and three lesson plans that meet the 2007 Vermont Health Grade Expectations (GEs). For kit contact information and the train-the-trainer program schedule, click [here](#) or contact Gayle Finkelstein, MSRN, (802) 847-2393, gayle.finkelstein@vtmednet.org Note: Attendance at a RxOTC abuse training session is *required* before using these materials.

Grant and Funding Opportunities

Technology Grants for Health Education and Physical Education

Deadline: TBD

It is anticipated that the Vermont Department of Education will disseminate federal funds for purchase and use of technology in K-12 physical education and health education. Up to \$35,000 will be available through state-wide competitive grants for each content area. For more information contact donna.mcallister@state.vt.us (802) 828-1636 or lindsay.simpson@state.vt.us (802) 828-1461.

FY 2009-2010 BEST/Act 230 Grant Applications

Deadline: September 15, 2009

Act 230 (reauthorized as Act 157) requires that every local school district have an educational support system for children who require additional assistance in order to succeed in the general education environment. Based on the initial successes of the Vermont Positive Behavioral Supports (PBS) effort, Education Commissioner Armando Vilaseca has designated PBS as the priority area for use of these funds. All BEST/Act 230 Grant Applications must be submitted electronically including an electronic signature of the superintendent. Applications are available [here](#). For more information contact Sabine Baldwin at (802) 828-0183 or sabine.baldwin@state.vt.us.

Heart Rate Monitor Grant for High School Physical Education

Deadline: September 18, 2009

The Vermont Department of Education will provide up to \$9,000 each for three high schools to purchase and implement heart rate monitors in physical education. The goals of this competitive grant program are to:

1. Document and increase the amount of time high school students spend engaged in moderate to vigorous physical activity during physical education.
2. Develop student self-knowledge, personal goal setting and fitness planning skills for lifetime physical activity.
3. Develop students' 21st century skills of tracking, interpreting and evaluating personal physical activity effort with objective, technological measures.

For more information and to download a copy of the grant application click [here](#). Or contact Lindsay Simpson at (802) 828-1461 or lindsay.simpson@state.vt.us

School Food Service Funding from the Vermont Agency of Agriculture

Deadline: October 15, 2009

The Vermont Farm to School Grant program at the Agency of Agriculture provides funding for schools to incorporate local food and farm culture into cafeterias, classrooms and communities. Funding is available for the 2010 year. The Agency will be hosting an informational conference call about the grant program on September 17, 2009 at 3 p.m. Through the Vermont Dairy Promotion Council the Agency of Agriculture also has funding available to subsidize the purchase of milk vending machines and milk coolers for Vermont schools. The Dairy Vending Grants are matching funds of up to \$2,000 and are available until December 2009. For more information on both funding opportunities and to register for the conference call contact Koi Boynton directly at (802) 828-2084 or koi.boynton@state.vt.us or visit www.vermontagriculture.com

Healthy Sprouts Award from Gardener's Supply Company

Deadline: October 17, 2009

To encourage the growth of health-focused youth gardens, the National Gardening Association (NGA) recognizes outstanding programs through the Healthy Sprouts Awards, which are sponsored by Gardner's Supply Company. These awards support youth garden programs to teach children about nutrition and hunger in the United States. Eligible applicants must intend to garden in 2010 with at least 15 children between the ages of 3 and 18. An expected 20 programs will be awarded with gift certificates to purchase gardening materials, nutrition lessons with NGA's *Eat a Rainbow* kit, plus seeds and literature. For more information and to access the application click [here](#).

National Gardening Association Announces Youth Garden Grants Program

Deadline: November 2, 2009

The National Gardening Association (NGA) has announced that the Home Depot is returning as the Youth Garden Grants sponsor for 2010. NGA annually awards Youth Garden Grants to schools and community organizations with child-centered garden programs across the United States. Schools, youth groups, community centers, camps, clubs, treatment facilities, and intergenerational groups throughout the United States are eligible. Applicants must plan to garden with at least 15 children between the ages of 3 and 18 years. For the 2010 grant cycle, 100 grants are available. Five programs will each receive gift cards valued at \$1,000. Ninety-five programs will each receive a \$500 gift card and educational materials from NGA. Click [here](#) for the application.

Professional Development Opportunities

For a Calendar of Vermont Department of Education-Sponsored Events click [here](#)

Addiction 101

September 4, 2009

Rutland, VT

A brief look into the world of addiction, this interactive training is designed for the beginner who wants a better understanding of the continuum of care. Topics include the numerous drugs available, the workings of the adolescent brain, routes of administration, classes of drugs and types of addiction and treatment available in Vermont. For more information and to register click [here](#).

LifeSkills Training

September 16-17, 2009

Montpelier, VT

This Free *LifeSkills* Training (LST) doesn't just give information on the dangers of drug abuse; it proposes healthy alternatives to risky behavior. The program emphasizes developing skills in three areas: Drug Resistance, Personal Self-Management and General Social Skills. A comprehensive program that equips adolescents and young teens with the confidence to successfully handle challenging situations; *LifeSkills* Training is backed by over 20 scientific studies and is recognized as a Model or Exemplary program by an array of government agencies including the U.S. Department of Education and the Center for Substance Abuse Prevention. For more information and to register click [here](#).

Vermont Annual Safe Routes to Schools (SRTS) Safety Educator Conference

September 18, 2009

Fairlee, VT

Sponsored by the VT Agency of Transportation Safe Routes to School Program, this is a great opportunity for school communities to share best practices and unique models used in pedestrian and bicycle safety. Every SRTS school is expected to send a safety educator to this annual event as part of its ongoing participation and grant eligibility in the SRTS program. Because this training will be appropriate for both new and experienced Bicycle and Pedestrian Safety Educators, SRTS grantees from 2006-2009 will have a chance to network and share their stories. New safety educators will receive a copy of the *WalkSmart / BikeSmart Vermont!* curriculum and learn how to implement it. Other team members can attend the parallel track in the *On-Bike* curriculum and Organizing After-School Programs. Additional breakout sessions available to all participants will profile successful models from schools throughout Vermont. For more information and to register click [here](#).

Online Course: EDHE 200-94601 Personal and Community Health Concepts for Educators

September 21 - December 4, 2009

Offered by the Vermont Higher Education Collaborative this 11-week intensive online course is a comprehensive study of personal health with emphasis on mental and emotional health; stress management; self esteem; nutrition/diet & eating disorders; fitness & exercise; communicable and degenerative diseases; personal safety; health literacy and advocacy, and consumer health. The course is one of many offerings designed for teachers to attain health education licensure. This online course will be offered through the VTHEC and UVM by

Emina Burak, Msc.Ed. For further information visit www.VTHEC.org or contact MJ Peters at mj.peters@vthec.org or (802) 498-3350 for more information.

Conflict Resolution

September 22, 2009

Fairlee, VT

When we communicate we know what we are trying to convey to the listener but we spend too little effort attempting to understand what the other person is trying to convey. The inevitable effect of each person talking, but not listening, is conflict. This training teaches three key skills and a theoretical framework that will foster healthy and productive conversations, relieve the stress of conflict and break the cycle of misunderstanding. For more information and to register click [here](#).

Michigan Model Training

September 24, 2009

Shelburne, VT

This free training on *Michigan Model for Comprehensive School Health Education* K-12 curriculum will prepare teachers to facilitate interdisciplinary learning through lessons that integrate health education into other curricula, including language arts, social studies, science, math and art. Teacher training in the implementation of the Model ensures that students and their schools as a whole get maximum benefits from this carefully structured program. For more information please contact info@cbeducationalservices.org or call (802) 754-2611. To register, click [here](#).

Drug Abuse and Driver Education

September 25-27, 2009

Barre Town, VT

October 23-25, 2009

Barre Town, VT

This course will be an in-depth examination of alcohol and other substances of abuse in contemporary American Society with special emphasis on high school and college age youths. Attention will be given to drinking and drug use patterns in VT, current changes in impaired driver laws and Act 160. Students will also be exposed to current trends in prevention, intervention and treatment efforts nationally and statewide. This course is open to health educators, SAPs, and driver educators. Registration deadline is September 18. For more information contact Judy Safford at (802) 828-3126 or judy.safford@state.vt.us

Introductory Forum on School-Wide Positive Behavioral Supports with Dr. Sugai

September 30, 2009

Killington, VT

This training is a learning opportunity for individuals and schools who are exploring Positive Behavioral Supports (PBS) and possible school-wide implementation for Fall 2010. School-wide PBS is a systems approach to social competence for all children. For more information and a link to the flyer and registration form click [here](#). Schools are encouraged to attend as teams with a principal or assistant principal. Cost is \$25 per person. Registration deadline is September 20, 2009. Contact: Sabine Baldwin at (802) 828-1636 or sabine.baldwin@state.vt.us; or UVM contact: Anne Dubie at (802) 656-5775 or anne.dubie@uvm.edu

Know Your Body

September 30, 2009

St. Johnsbury, VT

This Free *Know Your Body* (KYB) training emphasizes individual responsibility for health and lays a firm foundation for children, grades K-6, to make health-promoting decisions. Easy to implement, filled with wonderful learning activities for integrating health education into the general curriculum, this is an outstanding choice for elementary schools. Each grade level has 12 modules with the same subject focus, but different lessons, which enables continuous exposure and scaffolding of concepts, knowledge and skills across grade levels. Behavioral goals are geared toward outcomes that children of this age can realistically achieve, such as breakfast and snack choices and asking adults to not smoke in their presence. For more information and to register click [here](#).

BEST Professional Development Events

September 2009 - June 2010

Varies

For a calendar of professional development event from Building Effective Support for Teaching Students with Behavioral Challenges (BEST) click [here](#).

Prevention Ethics

October 6, 2009

Rutland, VT

Designed to meet the requirements for the prevention-specific ethics needed for prevention certification, this workshop will teach you how to: understand ethics from a historical perspective; list the six principles of ethics for prevention practitioners; use an ethical decision-making model for dealing with ethical dilemmas; examine cases using the ethical decision-making model; and develop a personal professional plan for future growth in the field of prevention. For more information and to register click [here](#).

Professional Development Program for Dealing with Children of the Military

October 6-7, 2009

Norwich University

The Military Child Education Coalition's™ Living in the New Normal (LINN)™ training is a two-day professional development program that prepares school guidance professionals, educators and community members to recognize and address the issues faced by children dealing with separation from a loved one or experiencing trauma, grief and loss due to the loss or injury of a loved one. The MCEC's LINN™ efforts are predicated on the belief that children's inherent attributes of courage and resiliency can be strengthened through deliberate encouragement. To learn more and to register by September 30, 2009 click [here](#) or call Amanda Hulsey at (254) 953-1923.

Health Education Curriculum Analysis Tool (HECAT) Workshop

October 7, 2009

Castleton, VT

This workshop, facilitated by a trainer from the Centers for Disease Control (CDC), will give school districts an opportunity to become familiar with the Health Education Curriculum Analysis Tool (HECAT) so they can then conduct a clear, complete, and consistent analysis of health education curricula based on the National Health Education Standards, Characteristics of Effective Health Education Curricula, the Vermont Health Education Standards and Grade Expectations. For more information click [here](#). Schools are strongly encouraged to bring a team including health educators, counselors, nurses, SAPs, an administrator or curriculum coordinator. Registration deadline is September 7th. For more information contact Donna McAllister at (802) 828-1636 or donna.mcallister@state.vt.us

Save the Date - Annual SAP Counselor/Tobacco Coordinator Conference

October 21-22, 2009

Rutland, VT

For information contact Kate Larose at (802) 828-0565 or kate.larose@state.vt.us. Registration will be in mid-September.

Lifelines Suicide Prevention Trainings

September 15-16, 2009

Stowe, VT

October 14-15, 2009

Killington, VT

November 4-5, 2009

Montpelier, VT

The Center for Health and Learning offers a number of fall trainings for the Vermont Youth Suicide Prevention Project, which is funded by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). *The Lifelines Program for Suicide Prevention: Creating Communities of Hope* will be offered at the above dates/times. These trainings are considered a prerequisite for the implementation of the *Lifelines* curriculum in Vermont middle and high schools. To register click [here](#). For information on *Lifelines*, as well as the Vermont Youth Suicide Prevention Project, contact Brian Remer, Center for Health and Learning, at (802) 254-6590 or brian@healthandlearning.org.

Save the Date - Vermont Freemasons C.A.R.E. Follow-Up Day

November 9, 2009

Woodstock, VT

This follow-up day will provide past C.A.R.E. participants with the opportunity to reflect on what you've learned and implemented, while sharing your successes and challenges with others. For information contact Donna McAllister at (802) 828-1636 or

donna.mcallister@state.vt.us. Registration will be in October.

Vermont Association For Health, Physical Education, Recreation, and Dance (VTAHPERD) Annual Conference "Healthy Bodies, Active Minds"

November 12-13, 2009

Killington, VT

Visit www.vtahperd.org for a complete conference outline including topics in all discipline areas. Guest speakers will include Dana Brooks (AAHPERD President), Irene Cucina (EDA-AAHPERD Board of Governors), Teresa Osborne (Dance Specialist), and Jacob Sattelmair and Susan Pelican from the RATEY Institute speaking about the book *SPARK*. Join the fun as we explore our *Healthy Bodies and Active Minds*. Registration starts September 8, 2009.

HIV+ Speaker Program

The use of HIV positive speakers in the classroom has proven to be a powerful educational intervention in breaking through denial and de-constructing common misconceptions. CHL has gathered a team of HIV positive individuals committed to telling their stories so that young people can learn to distinguish myth from fact, identify the attitudes that lead to risk and choose to practice abstinence or safe sexual behaviors. In addition to educating middle and high school youth about HIV risk, the Speakers Program motivates students to replace irrational fears with compassionate responses and intervene when confronted with prejudice about HIV infection. For further information or to submit a Speakers Request Form, contact CHL at info@healthandlearning.org or (802) 254.6590.

Center for Health and Learning (CHL)

The Center for Health and Learning offers educational events and professional development opportunities that are designed to help schools create optimal conditions for learning and assist students and their families to make informed decisions about their health. For a complete schedule, visit the calendar at www.healthandlearning.org or call (802) 254-6590.

As a service to its users, the Department of Education offers links from its Web site to resources and Web sites developed by other organizations. These links are provided as a resource only. Unless specifically stated, the inclusion of such links does not imply endorsement or support of information, products or services offered by an organization other than the Department of Education. Information contained on such linked resources should be independently verified.

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